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Your essential daily news | TUESDAY, OCTOBER 18, 2016

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Krystine Wilson has always loved working in her parents' costume shop Chuckles, where the dress code includes blue faces, but it may now be forced to close. AARON CHATHA/METRO



City proposes Uber-enabling bylaw changes

TRANSPORTATION

Companies would pay based on trip volumes and drivers



Helen Pike
Metro | Calgary

You may be Uber excited to hear about the latest transportation network company bylaw change proposal.

In February, when the City of Calgary approved changes to its livery bylaw, it was to make way for companies like Uber and Lyft to operate. But those very companies openly proclaimed the city's idea of fair rideshare rules would "break" their current model, by putting too many fees on the backs of drivers.

No more.

The city is proposing a one-year pilot of new licensing fees that

would put the onus on TNCs to pay for licensing their drivers and has been scaled for the size of each operation. The proposal also takes away the required police check, as the province's rules now have provisions in place.

"These proposed amendments will allow vehicle-for-hire companies of all sizes to serve the market more effectively and efficiently," said Marc Halat, manager of community standards in a prepared release.

Coun. Evan Woolley said the proposed changes are positive in terms of getting away from a flat fee for drivers.

With the new fee schedule if your company only has one to 100 drivers to register, you pay the city \$5,000 — and the fees increase to \$20,000 for any TNC over 1,001 drivers.

That's a far cry from the city's first iteration of the bylaw, which would see drivers each paying \$220, and the city collecting \$220,220 for 1,001 drivers.

FRIGHTFUL BUSINESS

Road construction threatens family-run costume shop metroNEWS



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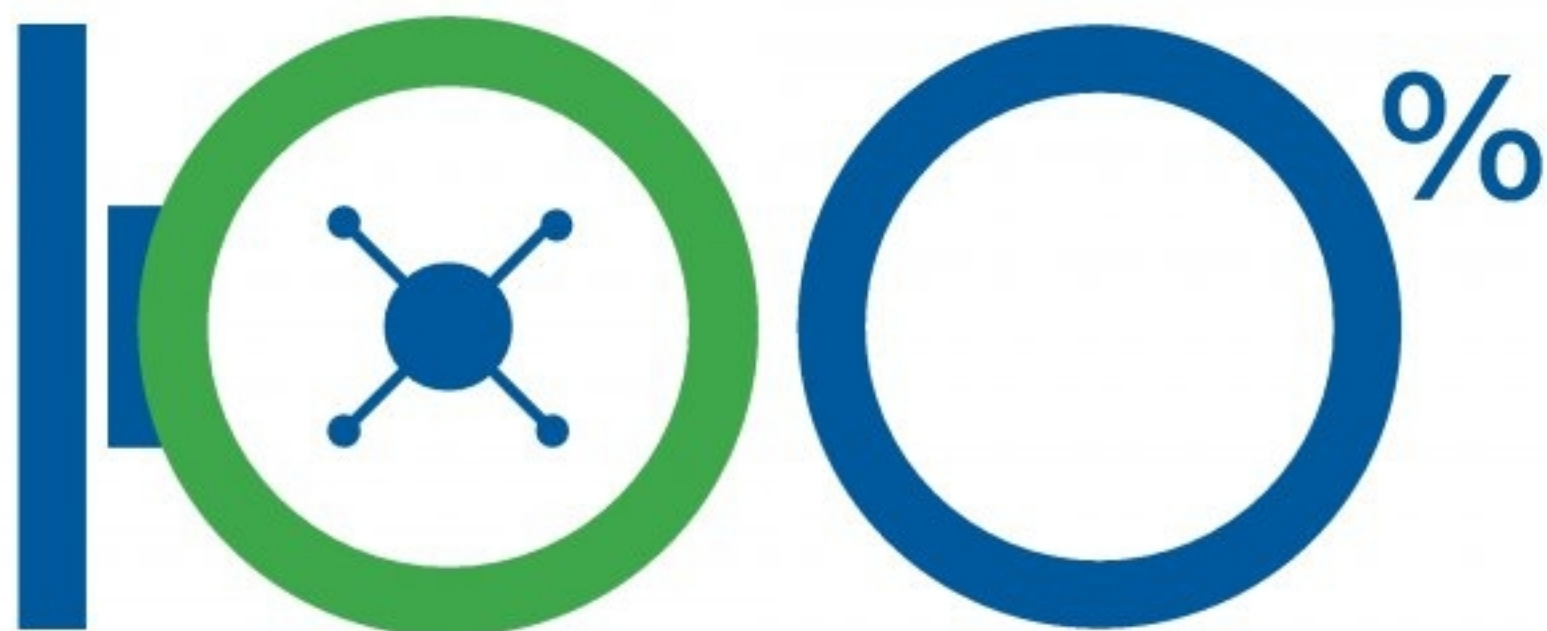
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CPS Staff Sgt. Martin Schiavetta, left, and Corp. Eric Boechler use a press seized by CBSA officials to show how counterfeit pills could be produced in clandestine fentanyl labs. Enforcement agencies are particularly concerned about the production of 'hot spots' pills with more than 2 mg of fentanyl. LUCIE EDWARDSON / METRO



OVERDOSES

Value of declaring health crisis argued

On the opening day of the 2016 Fentanyl Conference Calgary-West MLA Mike Ellis called on the provincial government to declare a public health crisis due to the ongoing issues Fentanyl and other opioids are causing in Alberta.

"We're in the midst of a crisis and we need to treat it as such. We need to follow the steps of our neighbours," Ellis said, referring to British Columbia's decision to declare a health crisis back in April.

Kathleen Ganley, Minister of Justice and Solicitor General, said despite 275 fentanyl-related deaths in Alberta in 2015, the current situation doesn't meet health crisis criteria set out in the Alberta Health Act.

She said during a public health emergency the government is given specific powers designed to deal with an outbreak.

"None of those powers will assist us in this case but they do give the government a significant ability to violate civil liberties," said Ganley. "We think it's important we use those powers that have significant impact on Albertans only where they would be helpful to us."

LUCIE EDWARDSON/METRO



We need to follow the steps of our neighbours.

Mike Ellis

Window into illegal drug labs

FENTANYL

Police reveal what enforcers are up against in underworld



Lucie Edwardson
Metro | Calgary

In 2015 more people died in fentanyl related deaths in Calgary than homicides or vehicle collisions combined.

Alberta's law enforcement and health partners are looking to share as much information about the drug at the 2016

Fentanyl Conference — taking place in Calgary over the next two days — the effects fentanyl has on our community, and how their fighting the issue.

Hosted at Calgary Police Service (CPS) headquarters, media were given the opportunity to see real equipment, including pill presses and mixers, destined for Alberta from China that were seized by the Canadian Border Service Agency (CBSA) before they could be used in clandestine labs to press pills containing fentanyl.

"This is a pill press and they're commonly what we would encounter with drug traffickers who are producing counterfeit tablets," said RCMP

clandestine lab expert, Corp. Eric Boechler.

Staff Sgt. Martin Schiavetta with the CPS drug unit said one machine can produce 6,000 per hour — while the other can produce 18,000 pills per hour.

One of the dangers these counterfeit pills pose to consumers is what is known as "hot spots."

Schiavetta said according to Health Canada a lethal dose of fentanyl is considered two milligrams and pills containing more than that are considered hot spots.

"Some of the tablets we've been seizing in Calgary have ranged from 4.6 milligrams to

5.6 milligrams per tablet — which is very high obviously considering a lethal dose is two milligrams," he said.

Currently Canadian law enforcement agencies are working together both to enforce laws pertaining to illegal drugs and substances like fentanyl, and tackle the supply and demand.

Boechler said they're trying to make it more difficult for the average Joe to get their hands on equipment like pill presses, to help suppress the supply in Canada.

"Typically it's used for research and development in the pharmaceutical industry, so of course anybody else bringing

this type of stuff in would immediately raise suspicion with law enforcement," he said. "This isn't something people would really have the need or application to use."

Bill 205, the Pharmacy and Drug (Pharmaceutical Equipment Control) Amendment Act, brought forward by Calgary-West MLA Mike Ellis will come into effect next January — after being unanimously supported by MLAs.

The bill will limit the purchase of things like pill presses, capsule filling machines and pharmaceutical grade mixers to pharmacists and other professionals holding a licence.



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A year out from next election

POLITICS

Candidates list ripe with 20 new faces, incumbents



Helen Pike
Metro | Calgary

So far, there are 20 new faces, apart from incumbent councillors, registered to run in 2017.

The election candidate registry simply gives people on the master list the right to raise funds for their campaign — at this point, anything could happen.

This year, in part because of the efforts of Ask Her YYC, there are seven women on the list (including incumbents Diane Coley-Urquhart and Druh Farrell).

Ask Her YYC is a grassroots group that formed with the mandate to increase the number of women and offers support for their political journeys.

As for the rest of the registry, there are names of people we've already come to know from their early campaign starts: Greg Miller and Jeromy Farkas have been running for months now.

Of course, Calgary's Mayor won't say if he's running or not — at least not until the one-year mark — what's the hold up, Naheed Nenshi?

+ REGISTERED CANDIDATES

- | | |
|------------------------|------------------------|
| ■ Alexandre Blackburn | ■ Rick Lundy |
| ■ Gian-Carlo Carra | ■ Joe Magliocca |
| ■ Andre Chabot | ■ Greg Miller |
| ■ Sean Chu | ■ Omar M'keyo |
| ■ Diane Coley-Urquhart | ■ Issa Mosa |
| ■ Peter Demong | ■ Talib Muhammed |
| ■ Rick Dhaliwal | ■ Grace Nelson |
| ■ Jeromy Farkas | ■ Amelia Marie Newbert |
| ■ Druh Farrell | ■ Brian Pincott |
| ■ Faith Greaves | ■ Richard Pootmans |
| ■ Larry Heather | ■ Michelle Robinson |
| ■ Shawn Hiron | ■ Keith Simmons |
| ■ Hidre Paul Jassal | ■ James Stevenson |
| ■ Ray Jones | ■ Ward Sutherland |
| ■ Jordan Katz | ■ Kevin Taylor |
| ■ Shane Keating | ■ Tory Tomblin |
| ■ Bud Klasky | ■ David Winkler |
| ■ Jun Lin | ■ Evan Woolley |

Omar M'Keyo



This is M'Keyo's first run in politics. In the past he's helped with campaigns, but never stepped into the forefront.

M'Keyo isn't a born and raised Calgarian. He hails from the Democratic

Republic of Congo, and lived in British Columbia before settling in southeast Calgary.

"I feel like things are not changing," said M'Keyo, who is running in Ward 10. "I'm running to try to push forward the agenda that will bring the results that people really want."

Alexandre Blackburn



Here's a young face running in Ward 10. He's 22 years old, and he's still attending the University of Calgary.

Why run for council? Blackburn said he wants to see young people represented in

council chambers.

"Calgary has become a young city and the faces in council don't represent that," said Blackburn. "My generation are the ones who will have to live with the decisions taken in government, why not have someone who can represent the interests of young Calgarians."

Keith Simmons



This is another Calgarian whose coming into politics through the community association ladder.

Simmons has been president of the Acadia Community Association for two terms, but he's hoping to bring change

directly to city hall. He's running for Ward 11.

"I'm finding out more and more that we as Calgarians are really not in touch with what's going on at city hall — there's a sizeable gap between what we want, and what's getting decided for us," said Simmons.

Tory Tomblin



From a union background, to running for council, Tory Tomblin is one of more than six women, so far, looking to score a seat in municipal politics. She's also a paramedic.

"Trying to take care of people who

can't speak for themselves is something I really enjoy doing," Tomblin said.

One of her reasons for running is because she feels women are underrepresented in Calgary's decision making.

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With students flocking to post-secondary institutions, Bow Valley College is making moves to grow. COURTESY BOW VALLEY COLLEGE

It must expand to meet demand

EDUCATION

College looks to departing Central Library for more space



Helen Pike
Metro | Calgary

Bow Valley College is bursting at the seams.

Alberta's largest and fastest-growing comprehensive community institution has seen enormous growth over the past three years and may need to push their own walls out to the Central Library — or other nearby spaces — to keep up with demand.

"We really are experiencing unprecedented growth and pressure on enrolment," said Gayle Burnett, vice-president of college services and chief finan-

cial officer.

Burnett said that in the last three years, the school has seen a 25 per cent increase on its full-load-equivalent students. What's more, in September, Bow Valley saw full-time enrolment up 10 per cent.

"That's the highest rate of full-time student growth in five years," Burnett said. "We're relating that to the pressures within Calgary during the economic downturn, more people being available and interested in developing additional skill sets to be employable in a new economy."

Burnett said the school's planned expansion is at least four years away, but in the meantime they are "exploring different options."

In 2018, the Central Library location will move to the East Village, leaving behind a building that's already neighbour to Bow Valley College's downtown campus.

"We're interested in how we could potentially develop that space when the library opens its new location," Burnett said. "We're interested in potential partnerships with other groups in adjacent property."

The new spaces could be for a variety of needs. Burnett explained they have seen a lot of growth in on-line programming, which puts less pressure on the need for classrooms and opens up a need for meeting spaces. Innovation and maker spaces are also on the horizon.



We really are experiencing unprecedented growth.

Gayle Burnett

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FUNDING

Don't cut health-care transfers: Alberta



Mathew Silver
For Metro | Calgary

Alberta Health Minister Sarah Hoffman is in Ottawa hoping to fend off cuts to federal government health-care transfers.

She sat in a meeting of health and finance ministers from across Canada on Monday to discuss cutbacks to the Canada Health Transfer (CHT), an annual payment made to each province and territory to address health-care costs.

Hoffman said that the meetings were positive. "The fact that we have this open dialogue around what our struggles are is beneficial to us as Canadians," said Hoffman.

The ministers are meeting with federal Health Minister Jane Philpott on Tuesday in Ottawa, and asking for the government to reconsider the legislation that will slash the CHT from six per cent to a minimum of three per cent starting in 2017.

In Calgary alone, seniors will comprise 15 per cent of the city's population by 2042, according to a City of Calgary study.

The ministers are requesting that a First Ministers' Meeting on health care sustainability be called to reach a long-term agreement on health-care funding. If a meeting isn't possible, they're asking that Ottawa postpone cuts to the growth rate of the CHT until they can reach a solution that reflects the needs of Canadians.

The negative impact for all provinces is estimated at more than \$1 billion in the first year alone, according to a document released after the meeting of provincial-territorial ministers. Quebec's Health Minister Gaetan Barrette said that if the provinces don't receive proper funding, services will suffer.

The CHT has been in place since the 2004 Health Accord was signed, and the former conservative government announced the reduction after 12 years of six per cent increases.



The fact that we have this open dialogue is beneficial.

Sarah Hoffman

Businesses to have say on curriculum

EDUCATION

Employers will speak to skills to build in next employees



Lucie Edwardson
Metro | Calgary

Industry leaders and future employers will be among those helping guide Alberta Education in efforts to build the best curriculum possible for Alberta's kids.

Alberta Education is in the first stages of its four-year plan to overhaul the province's curriculum for the six main subject areas (math, social studies, sciences, arts education, language arts — English and French — and wellness education) and said after teachers and subject experts have laid out the foundation for the new curriculum, it will be seeking the input of those who



Minister David Eggen is expected to announce the curriculum survey open to all Albertans, Tuesday. LUCIE EDWARDSON/METRO

Alberta's youth will eventually be working for.

"Industry experts, meaning future employers will be able to tell us what they're looking for in a new graduate, what are the skills and knowledge base they need to run successful companies," said Larissa Liepens, press secretary for Alberta Education minister, David Eggen.

But first, Liepens said, teachers will be working with subject experts — like university professors — on building the basis of the curriculum.

She said teachers from across the province, as well as the Northwest Territories and Nunavut have been invited to participate in these subject-expert working groups.

"The teachers bring their collective expertise and their professional experience and their judgment to this job, and then they study the most current academic literature on curriculum and they also look at best practices from other high performing jurisdictions," she said.

Liepens said after these consultations have taken place the actual process of writing the new curriculum will begin.

That will be followed by something called the curriculum development application — a digital platform that allows teachers to plan across subjects, connect with teachers across the province, and allow Alberta Education to freely update the curriculum.

"It'll be a more organic, collaborative process," she said.

The average Albertan will also have their chance to give their two cents with an online survey.

Eggen and Alberta's Premier, Rachel Notley, are expected to announce the launch of the survey Tuesday.

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David Layzell: Biological solutions to climate change

Mary Reid: Fights in the forests: will pest skirmishes become wars against trees?

Jana Vamosi: Ounce of prevention is worth a pound of cure: forecasting the biological impacts of climate change

Samuel Yeaman: How many recipes in mother nature's cookbook? Searching for the genes trees use to adapt to climate

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When

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Vandals target Islamic centre

CRIME

Attack second on mosques in two weeks



Josie Lukey
For Metro | Calgary

Members of the Islamic Association of Northwest Calgary were shocked Saturday morning to find their front door smashed and a sign, indicating the mosque was open during renovations, thrown in the parking lot.

The incident marks Calgary's second targeted attack on mosques in two weeks.

According to Muhammad Abbas, of the northwest Islamic Association, the mosque has a great relationship with the community and the incident is likely an act of one or two individuals not from the neighbourhood.

"The love and respect we get from the people is amazing and that's the connection we certainly are proud of," he said. "We're blessed that we're



Muhammad Abbas says their connection to the neighbourhood is deep. Hundreds of members of the northwest mosque shovel snow in the neighbourhood in winter. JOSIE LUKEY / METRO

in this neighbourhood."

Abbas also said that there are likely some misconceptions and misunderstandings about Islam where he says it's the

job of the Muslim community to provide opportunities for people to educate and interact with the city at large.

As part of an effort to engage

with the community, the Ranchlands Mosque will open its doors on Nov. 13 to invite Calgarians to taste multicultural food and gain first-hand

"The love and respect we get from the people is amazing and that's the connection we are proud of."

Muhammad Abbas

experience of Muslim religious activities inside Islamic centres.

"Muslims are from all over the world, so we will be setting up a Middle-Eastern stall, we'll be setting up a South-Asian stall (and) we'll be setting up an Ethiopian stall. So all the Muslims from different regions and different backgrounds," said Abbas.

Damages costs to the mosque are expected to be minimal, but future vandalism is now a concern for the association.

A previous attack on the Islamic Centre of South Calgary in Queensland, left the front door of the center smashed, a Quran burnt and a hateful letter to be found at the mosque by members the morning of Oct. 7.

BOW VALLEY

'Vicious' dog lost in park

Trail users in a provincial park west of Calgary are being warned to carry bear spray after a large, dangerous dog was lost in the area.

Alberta Parks has posted an online notice saying that the Great Dane-Labrador cross was lost Saturday in the Yamnuska Trail and day-use area of Bow Valley Wildland Provincial Park.

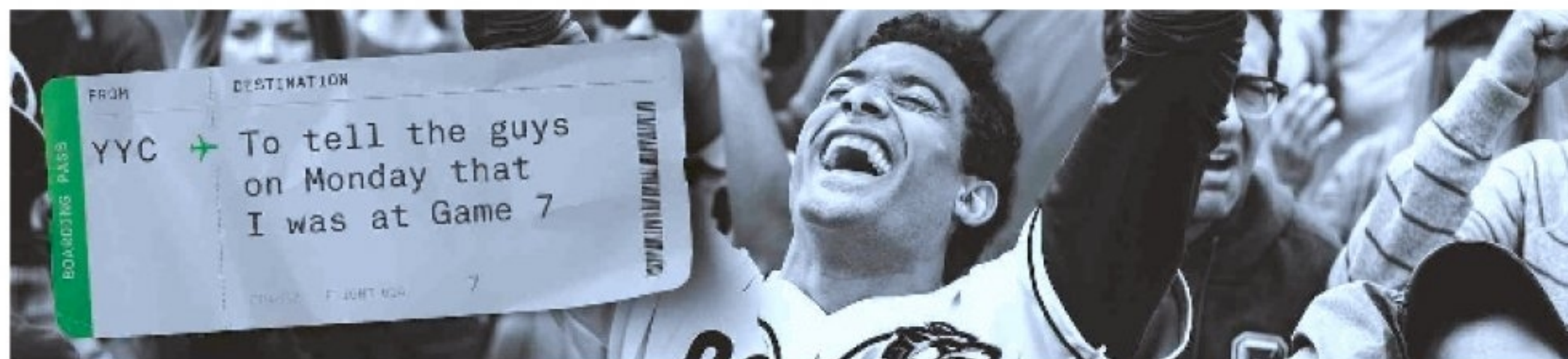
The notice says the dog, weighing about 64 kilograms, was declared vicious by the City of Calgary.

RCMP Sgt. Ryan Currie said the owner sent out a message on Facebook that the dog was lost, but left out some details.

"We received a call from a third party who said, 'I know this dog and consider it to be quite vicious,'" Currie said.

Police investigated further, and the owner confirmed the information. Conservation officer Murray Ingstrup said the dog's name is Kona, although anyone who spots the animal is discouraged from calling it.

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A voice refusing to be silenced

CULTURE

Comedian talks race, gender, weight during shows



Aaron Chatha
Metro | Calgary

Adora Nwofor has been told a lot of things over her stand up comedy career.

She's been told not to talk about men in her act and what she should look like when she goes on stage. She's been told what jokes to tell — and not tell.

She's been told she makes people uncomfortable.

"But that's part of my job, to make you feel uncomfortable," she's determined. "Because it's uncomfortable for me to have to go through that."

It's now that Nwofor seems to be cemented in her voice on stage — but it was quite the journey to get there. There was a time where she felt like she was the only black, female comedian in the city.

"It was very isolating, because people don't understand why I say the things I say," she recalled. "When you only have five minutes to explain, everybody's not going to get it."

Now, she's joined the Femme Wave music festival board, she's headlining shows and she's taken her act internationally.

Nwofor makes it a point to use her stage time wisely — she talks about race, gender and weight with a heightened



Comedian Adora Nwofor says people often accept the norm without realizing it, and that isn't necessarily a good thing. JENNIFER FRIESEN / FOR METRO

awareness. She wants diverse points of view out in the world, and she's making sure hers is heard.

But let's back up a second — Nwofor herself admits she grew up as a pretty quiet kid.

"The first time I hosted a cultural event, someone came up to me that has known me since childhood and said, 'I didn't know you could talk. Because,

I was always on the sidelines — a wallflower."

It was actually a trip to a predominantly black country that opened her perceptions to race and culture.

Jamaica

The first time Nwofor went to Jamaica, as an adult, was after turning 21.

"I went into a store called

Mega Mart, it's exactly like Costco, but I had a culture shock because everyone in there was black. Everyone," she said. "The cashier was black, the janitor, the owner, the people were black — and I was uncomfortable. And I had to think about that experience really hard, because I was ashamed of that."

"But then, it's because I'm exposed to seeing only white

folks. Like, when I go to Costco, everybody's white."

The experience showed her people accept the norm without realizing it — which isn't necessarily a good thing.

Comedy

Nwofor was still a student when a friend signed her up for a comedy show. Since then she's used it as a platform, not

to purposefully be controversial, but to share her point of view, and encourage others to do the same.

"I feel like, in comedy, if you only ever talk about being a single white guy and dating — there's so much else to hear," she said. "Old people date too. They have great stories about it. Fat people have sags. It's not a bad thing."

“

It was very isolating because people don't understand why I say the things I say.

Adora Nwofor

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\$1.1 M campaign to promote commerce

ECONOMY

Aims to change perception of city amidst downturn



Mathew Silver
For Metro | Calgary

Calgary Economic Development has injected \$1.1 million for its annual Be Part of the Energy marketing campaign, to change the perception of Calgary's economy in the wake of the downturn.

Be Part of the Energy is sharing stories of companies that exemplify the city's competitive business advantages, with the hope of attracting leaders and entrepreneurs from across Canada.

Mary Moran, president & CEO of Calgary Economic Development, said that the campaign is hoping to launch over 70 companies in the next two and a half years.

"Calgary is built on this great energy that the people have and we pull together," said Moran. "We're more than just the energy industry. We want the rest of the country to know that Calgary is a place for innovation in other industries."

Tom Schmutz is a good example. He endeavoured to give pilots 100 per cent real-time



Calgary Economic Development president and CEO Mary Moran said the campaign will showcase local success stories to attract entrepreneurs from across the country. JEREMY SIMES/FOR METRO

data coverage in remote regions of the world, so he came to Calgary where he could find engineers, scientists and Canada's lowest corporate taxes for small business.

The city's skilled workforce and readily available of-

fice space are a central part of the campaign, which will target a business audience by including ads in the Globe & Mail, National Post and other Post Media newspapers.

The campaign has promoted business development since

2011 in an effort to revitalize and diversify the economy. The money was drawn from the \$30 million Community Economic Resiliency Fund, which was established by city council to support Calgary housing and economic development.

Calgary economic development is also running a separate campaign with Tourism Calgary, #LoveYYC, which supports local businesses at a cost of just over \$450,000.

“Calgary is built on this great energy that the people have and we pull together.” Mary Moran

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A scary time for costume shop

HALLOWEEN

Store suffers drop in foot traffic during busiest season



Aaron Chatha
Metro | Calgary

The laughs are getting harder to hear at Chuckles Costume Shop — drowned out by the cacophony of construction outside its front door.

Located just across from Chinook Mall, Chuckles has been in Calgary for three decades. Fifteen years ago, ownership passed to Dave and Bernadette Fletcher, a former IT consultant and dental assistant, who have ridden the ups and downs of the business.

Now, Chuckles is in danger of closing its doors for good.

Dave Fletcher said the construction, meant to widen the sidewalk and improve infrastructure, has resulted in more than a 50 per cent drop in profits. He had braced himself for



Dave Fletcher (under the mask) said running the store with his family has had its ups and downs, but has always been a lot of fun. AARON CHATHA / METRO

the recession, but not for this.

"When they closed the road, we just dropped," he said. "We're tracking about half or less than last year. This being

our busy time of the year, it's going to be tough to pay the bills. We're not sure. We've got two weeks left — our biggest two weeks of the year, so we're

just not sure what we're going to end up with."

Fletcher said the roadwork on 61 Ave. SW has prevented foot traffic from the LRT from

reaching them — what used to be a crosswalk away turned into a 10 minute trek to get into the store.

When construction began at the end of May, he was told it would be done by Sept. 4. Now he's being told it could be ongoing until December, or later, depending on the weather. It might not be a situation the family-run business can survive.

"I love it here," said Fletcher's daughter, Krystine Wilson. "I mean, the thought of not having it is pretty hard. It's amazing to be able to work with your family and we love our customers and love our store."

Fletcher said in the time he's run the shop, he's been honoured to have great customers, and even better employees. He often employs artists who run their own makeup businesses on the side, or comic book fans who draw independent works at home and are knowledgeable about the characters.

"You come in with an idea, and we'll make it worth your while," he chuckled. "Don't come see us because we're having a tough time — come see us because we're the best in town."

+ A LOOK INSIDE

Inside Chuckles, every space in the building is used to maximum efficiency.

Dave Fletcher said many customers this year are ready to pick and choose individual pieces to build their costumes, but those with a more discerning eye may look at the detailed latex masks with moveable jaws that fit over your chin.

The most popular costumes this year, without a doubt, are from the colourful cast of DC's Suicide Squad film.

"Harley Quinn is probably the most popular female costume out there — and we still have some of those left," Fletcher said.

He also lays claim to having the biggest wig selection in town.

AARON CHATHA / METRO

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Rec centres going online

TECHNOLOGY

City expands public access to free Wi-Fi at 27 sites



Mathew Silver
For Metro | Calgary

The City of Calgary has expanded public Wi-Fi access to 27 Calgary Recreation locations across the city in collaboration with Shaw Communications Inc.

According to Heather Cowie, regional manager with Calgary Recreation, the partnership reflects the city's commitment to providing customers with access to online services and information.

"Our facilities serve as community hubs and this partnership with Shaw Communications creates more ways for



Calgary recreation centres will now provide users free Wi-Fi at all locations. METRO FILE

people to connect to their community and their world," she said.

Along with recreation centres, there are over 40 City facilities, including arenas, golf courses, and CTrain stations that connect to Shaw public Wi-Fi.

"Recreation centres play an integral role in bringing communities together," said Greg Pultz, vice-president of operations for Shaw Com-

munications.

Southland Leisure Centre alone has had over 160,000 guest connections since the network was made accessible to the public in 2014.

The partnership between the city and Shaw began in Dec. 2013, and has led to more than 3,000,000 connections to the Calgary public Wi-Fi service in total.

The service comes at no extra cost to Calgarian taxpayers, as Shaw pays for the set up and maintenance of all wifi equipment.

Cowie said that the reception has been positive since Wi-Fi has been offered at city recreation centres.

The service is available to all members of the general public, and does not require a Shaw account. Calgary residents and visitors can access the network by selecting "ShawGuest", and connect after following the on-screen instructions.



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Tears and tributes for Prentice in Parliament

CONDOLENCES

Trudeau says both sides of the House feels the loss

Tributes to former federal cabinet minister and Alberta premier Jim Prentice are pouring in days after he and three others died in a plane crash, from tearful memories shared on Parliament Hill to quietly hand-written messages.

Interim Conservative Leader Rona Ambrose choked back tears as she spoke about Prentice in the House of Commons on Monday.

"He was a true gentleman politician — kind and possessing a love of public policy and public service," she said. "That was true, whether he was in opposition or on the government benches in this House or, of course, working for the people of Alberta as the province's 16th premier."

After a moment of silence for Prentice, Prime Minister Justin Trudeau said everyone on both sides of the House feels the loss.

"We will all miss his intelligence, honesty, thoughtfulness and the kindness he brought to his work. Jim was a man of deep convictions, who dedicated his life to public service, to the people of Alberta and to all Canadians," Trudeau said.

"I cherish the time I spent working with Jim and will always remember his kind, thoughtful manner."

In Calgary, people were stopping at the downtown provincial building to sign books of condolence set up in the foyer. Books were also filling up at the legislature in Edmonton and on the province's website.

Prentice was on board a small jet that went down Thursday night after it left the airport in Kelowna, B.C. The plane was en route to the Springbank airport, outside Calgary.

THE CANADIAN PRESS



Prime Minister Justin Trudeau stands with Members of Parliament for a moment of silence for Jim Prentice, a former MP and premier of Alberta. THE CANADIAN PRESS

BASEBALL

Judge quashes bid to ban team's name

An effort to ban the Cleveland Indians from using their full team name and logo when they played the Toronto Blue Jays was dismissed by an Ontario judge on Monday evening, just a few hours before the baseball teams met in a high-stakes playoff game.

Justice Thomas McEwen issued his ruling after lawyers for an indigenous activist sought to bar use of the American team's name and logo in Ontario, arguing they amounted to racial discrimination.

Indigenous activist and

architect Douglas Cardinal had filed complaints to the Human Rights Tribunal of Ontario and Canadian Human Rights Commission on the matter, but pursued an injunction in a Toronto court before those cases were ruled on.

His lawyers had argued that the Cleveland team name and logo of "Chief Wahoo" — a grinning cartoon man with red skin and a feather in his headband — was a violation of the Ontario Human Rights Code and Canada's Human Rights Act.

THE CANADIAN PRESS

EDMONTON ESKIMOS

Team has 'no plans' to drop name used for six decades

As calls amplified Monday for the Edmonton Eskimos to re-examine their name, the team's president said there are "no plans" to do so.

"Times have changed, there's no doubt, but it's over six decades that we've used the name," Len

Rhodes said.

His comments were offered Monday after Toronto Mayor John Tory, who formerly served as the commissioner of the CFL, told reporters changing the Eskimos moniker "would be a very good step forward to make."

ALEX BOYD/METRO, WITH FILES FROM MAY WARREN IN TORONTO

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Devina: You have so much to offer from coast to coast. You're a beautiful country.



Margaret: You know, America. I think you're already great.



Zoe (left): We're big fans. **Ali (right):** We like you guys.



Nick: Contrary to your reputation, America, you are some of the nicest people in the world. Maybe nicer than us Canadians.



Adriana: You have changed the way we experience social media. You have created an entire social network and social experience for all of us.



Belle: The attitudes and the accessibility around disability in your country is better than almost anywhere I've ever been.



Peter: What I like about the United States is the fact that you're such a giving nation. Over \$250 billion a year is donated to charity and over 70 per cent of that comes from individuals.



Clay: America is a country that has continuously changed, continuously evolved. It's never stayed still.

Love notes to the U.S.A.

ELECTION

Canadians gush about southern neighbours in new campaign

And now for something completely Canadian.

A Toronto-based creative agency called the Garden Collective has started up an online campaign to boost American self-esteem in the midst of a vicious presidential campaign.

The campaign, called #TellAmericasGreat, has been trending on Twitter since it was launched on Thursday with more than 100,000 shares. An accompanying video had more than 180,000 views on YouTube.

"Certainly the buzz is there," the Garden's co-founder Shari Walczak said in a telephone interview. "The momentum is building."

The title is a play on Republican presidential candidate Donald Trump's campaign slogan, "Make America great

again."

According to the Garden's blog, the digital pep talk is meant as a balm to the "pretty scary realities" and "tremendous amount of negativity" exposed by the campaign, which continues for another three weeks.

"We wanted to do something positive," Walczak said.

The campaign notes that America has contributed to the world in music, movies, sports, science, technology, space travel, medicine, food, culture, shopping and social media.

The earnestness of the campaign is as Canadian as maple syrup.

"You guys are going to get someone to Mars," one fans remarks.

Yet another fan tweeted: "America, you gave the world cherry Coke & the internet & the Golden Girls. Don't let anyone tell you you're not great."

The campaign has garnered plenty of retweets and positive feedback.

TORSTAR NEWS SERVICE

Panel aims to explore youth employment

Canada could soon find itself facing unexpected economic and social fallout without a clearer picture of where and how young people are failing in the labour market, says the chairwoman of a new federal panel on youth unemployment.

A better understanding of why some young people can't get their foot in the door will be key to understanding whether Canadians will be able to afford a house in the future, or even afford their rent in six months' time, Vass Bednar said in an interview.

It could also offer a better idea of whether some are holding off on starting a family for fear of the cost of child care, said Bednar, associate director of the cities research program at the University of Toronto's Martin Prosperity Institute.

Bednar said there are no clear answers to helping more young people find jobs - there are different issues facing urban and rural youth, as well as unique barriers for indigenous youth. All this makes the panel's work that much more challenging.

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IN BRIEF

Hitler's birth house to be torn down

The house where Adolf Hitler was born will be torn down and replaced with a new building that has no association with the Nazi dictator, Austria's government announced Monday as it moved to eliminate the property's pull as a place of pilgrimage for neo-Nazis.

The plan still has to be formalized in legislation and voted on in Parliament. But the Interior Ministry said demolition was recommended by a government-appointed commission. The Interior Ministry plans to finalize a draft law making the house state property



Adolf Hitler's birth house in Braunau am Inn, Austria. THE ASSOCIATED PRESS

before putting it to a vote in Parliament by the end of the year. THE ASSOCIATED PRESS

Police start human trafficking probe after dad lists infant on eBay
German police say a 28-year-old man has admitted listing his infant daughter for sale on eBay but maintains that it was meant as a joke.

The 40-day-old girl was listed on the site last week at a price of 5,000 euros (\$5,500). Police in the western city of Duisburg raided the parents' apartment and put the girl into care. They opened an investigation on suspicion of human trafficking.

THE ASSOCIATED PRESS



Iraqi forces deploy in the area of al-Shourah, some 45 kilometres south of Mosul, as they advance towards the city to retake it from Daesh extremists, on Monday. Iraqi Prime Minister Haider al-Abadi announced earlier in the day that the long-awaited operation to

A complex strategy for Mosul

IRAQ

Officials worry the battle for second-largest city is rushed

Iraqi forces have launched their most complex anti-Daesh operation to date: retaking the country's second-largest city of Mosul.

While the country's military has won a string of territorial victories that have pushed Daesh out of more than half the territory the group once held, some Iraqi officials worry that the Mosul fight has been rushed and if the city is retaken without a plan to broker a peace, it could lead to more violence.

HOW WE GOT HERE

Mosul fell to Daesh in June 2014, when the extremist group blitzed across northern and western Iraq, overrunning nearly a third of the country.

Over the last year, Iraqi forces have steadily pushed Daesh out of most of the western Anbar province, including the cities of Ramadi and Fallujah, and cut many of its supply routes to Syria. But Iraqi forces have never attempted to retake a city the size of Mosul.

TROOP BUILDUP

Iraqi forces began moving into Nineveh province to surround Mosul in July, when ground troops led by the country's elite special forces retook Qayara air base south of the city. Thousands of Iraqi troops are now massing there ahead of the

planned operation. Iraqi troops also deployed east of Mosul in the Khazer area, along with Kurdish peshmerga forces, and to the north of the city near the Mosul Dam and Bashiqa areas.

THE PLAYERS

In addition to the Iraqi army, Kurdish peshmerga forces, Iraqi special forces and Sunni tribal fighters, Shiite militias are also expected to play a role in the Mosul operation. The role of the Shiite militias has been particularly sensitive, as Nineveh is a majority Sunni province and the militias have been accused of carrying out abuses against civilians in other operations in majority Sunni parts of Iraq.

A very small number of Turkish troops deployed for over a year in Iraqi territory at a base north of Mosul have caused a

recent spike in tensions between Iraq and Turkey. Iraq has repeatedly called for the Turkish forces to withdraw, claiming they entered the country without the permission of the central government.

THE OPERATION

The fight to retake Mosul was largely launched from the north and east. The Kurdish peshmerga forces say they will push Daesh out of a cluster of mostly Christian and Yazidi villages northeast of Mosul along the Nineveh plain, while Iraqi military troops try to cut the main supply line northwest of Mosul that links Daesh territory in Iraq to its strongholds in Syria. A large number of Iraqi military forces are also expected to push up from Qayara air base.

Once villages around Mosul

have been cleared of Daesh, Iraq's special forces are expected to lead the push into the city of Mosul itself.

WHAT TO EXPECT

Mosul is Iraq's second-largest city and still home to more than a million civilians. Both in terms of geography and population, it's a much larger task than Iraq's military has ever undertaken previously in the fight against Daesh.

It's unclear how many Daesh fighters remain in Mosul, but even a few hundred could wreak havoc. Iraqi forces advancing on Monday found roads and fields littered with roadside bombs, and Daesh unleashed a series of suicide car and truck attacks on the advancing troops, a tactic it has used effectively in past battles. THE ASSOCIATED PRESS

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Agency raises the red flag

FOREIGN BUYERS B.C. tax troubles mogul

HOUSING

Affordability worries spill over from big city markets

The head of the federal housing agency is raising a red flag about the state of Canada's real estate sector, saying affordability concerns have spilled over from the country's two most expensive cities to nearby markets.

In an opinion piece, CMHC CEO Evan Siddall says the Canada Mortgage and Housing Corporation will raise its overall risk rating for the national housing market to "strong" from "moderate" for the first time when it issues its housing market assessment on Oct. 26.

"Affordability pressures hurt lower-income households the most and cause real socioeconomic consequences," Siddall wrote.

"CMHC has recently observed spillover effects from Vancouver and Toronto into



The new mortgage rules involve a stress test for all insured mortgage applications to ensure the borrower can still service their loan in the event interest rates rise. TORSTAR NEWS SERVICE

nearby markets. These factors ... will cause us to issue our first 'red' warning for the Canadian housing market as a whole."

Siddall said high levels of debt combined with rising house prices are often followed by contractions in the economy.

"The conditions we now observe in Canada concern us," he wrote.

Siddall's comments came the same day new mortgage

rules introduced by Ottawa took effect. The rules require a stress test for all insured mortgage applications to ensure borrowers can still repay their loans in the event interest rates rise or their personal financial situations change.

Until now, stress tests were not required for fixed-rate mortgages longer than five years.

The federal government is making the change to try to stabilize the country's housing markets, particularly in Toronto and Vancouver where prices have soared.

Siddall said he supports the measure, even though it will cut into the purchasing power of some first-time buyers.

THE CANADIAN PRESS

"Affordability pressures cause real socioeconomic consequences."
Evan Siddall

One of China's top real estate moguls says his customers are troubled by British Columbia's tax on foreigners purchasing homes in Vancouver and he intends to raise the matter with Prime Minister Justin Trudeau.

Frank Wu, vice-president of the China Real Estate Industry Association, said Chinese investors have told him that the 15 per cent tax is discouraging them from buying property in the city.

Wu, who is also chairman of Central China Real Estate Ltd., is part of a Chinese delegation of billionaires touring Canada this week who want to strengthen economic ties between the two countries.

Wu said the tax will prompt many Chinese investors to look to other parts of Canada, including Toronto and Montreal, along with English-speaking countries such as the United States, Australia and Britain.

THE CANADIAN PRESS

WHISKY

Gretzky putting No. 99 on ice

After more than 10 years in the wine business with partner Andrew Peller Ltd., Wayne Gretzky launched his No. 99 Red Cask Whisky Monday at a private tasting in Maple Leaf Square's LCBO in Toronto.

As with anything the hockey legend does, he's aiming to make his new beverage a game-changer, not just another celebrity-branded booze.

"We wanted to do something first class ... to separate ourselves from other whiskies," he told reporters.

The release is a hat trick of sorts for high-profile rye launches following recent offerings from rapper Drake and the Trailer Park Boys.

The Great One's new drink is priced at \$34.95, midway between Liquormen's Ol' Dirty Canadian Whisky from the Trailer Park Boys at \$29.95 and Drake's Virginia Black American Whiskey at \$39.95.

For a twist on the Canadian classic, the spirit is finished in his winery's red wine casks.

TORSTAR NEWS SERVICE



Wayne Gretzky sniffs a shot of his new No. 99 Canadian Whisky. TORSTAR NEWS SERVICE

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EMMA TEITEL ON DRESSED-UP PETS

What, you may ask, happens at the 'largest dog costume parade in the world?' If you answered that dogs wear costumes, you'd only be half right.

On Saturday, scores of otherwise ordinary people will descend on Manhattan's Tompkins Square Park, with their dogs in tow, for the annual Tompkins Square Halloween Dog Parade.

The event, sponsored by Purina Beggin' (the makers of the popular canine treat "Purina Beggin' Strips Bacon"), is, according to CNN, the "largest dog costume parade" in the entire world. (And here I assumed it was the only one. Silly me.)

What, you may ask, happens at the "largest dog costume parade in the world?" If you answered that dogs wear costumes, you'd only be half right. In fact, dogs and dog owners dress up in costume at the T.S.H.D.P., usually together, as a theme.

The winners of last year's event, to illustrate, were a man and a woman who staged a chilling Day of the Dead tableau with their chihuahuas.

Mind you, if I had judged the parade, I would have given first prize to my favourite contestant: a bulldog in blond wig and pearls, i.e., Marilyn Monroe.

As for the be-wigged lapdog dressed up as Caitlyn Jenner in a sultry white number eerily similar to the frock the real-life Jenner donned on the cover of Vanity Fair, I have no words. This may be because the dog's owner, meanwhile, wore a "USA" tracksuit and imitation gold medal. (Presumably, he was channelling the ghost of the pre-Caitlyn Jenner, Bruce.)

All this is to say, with a uni-

When we start extending our gender biases to pets, too, it starts feeling kind of creepy. Really, French maid dogs?

versal eye roll, that people love their dogs (and possibly their pets in general) a lot. So much so, it turns out, that in exhibiting their love for their dogs,



WHAT'S THIS SUPPOSED TO MEAN? Treating our pets as extensions of ourselves might not be a great idea.

TORSTAR NEWS SERVICE

they tend to sacrifice their dignity in the process and as some of the scenarios above suggest, the dignity of their animals, too.

Until recently, I would have considered this sacrifice of dignity to be all in good fun. Notwithstanding the questionable Caitlyn Jenner lapdog getup, the whole Tompkins Square Halloween Dog Parade would have registered as a perfect example of a dignity-defying, weirdly healthy good time. Even the matchy-matchiness of the whole dog-owner pairings would have given me a good laugh, not unlike the laugh so many people got when Fido the phone company ran their now world-famous ad campaign in the late 1990s featuring dogs and owners who happened to look exactly like each other.

But there's a difference

between the Fido ad animal/human likenesses and the Halloween dog parade likenesses: the first were happy accidents; the latter are calculated

constructs. The former were coincidental; the latter are intentional. And the culprits behind the intent are we, the human half of the pair, the animal-owners. I say "we" advisedly. I am about to realize a lifelong ambition and become a dog-owner myself. And my impending ownership — a kind of parenthood — has me thinking that seeing our pets as extensions of ourselves may not be such a terrific idea after all.

The negative effects of this particular brand of anthropomorphism ("ascribing human qualities to animals") are already there if you look for them. In an article last month titled "Is Your Dog's Halloween Costume Sexist?" the Washington Post noted, tongue-in-cheek, that while retailers had finally started to abandon gender bias in Halloween

costumes for young human girls, pet outlets like Petsmart or Baxterboo.com are still apparently gender-rigid in their Halloween togs, hyping certain costumes for male dogs (firefighter and police officer) and others for females (sweetheart nurse or French maid). That this was a ludicrous thing to be outraged by (something the right-wing site Breitbart pointed out, not getting the tongue-in-cheek part) was obvious, but it hid a kernel of truth: It's easy to overlook the indignity of dressing up your Scottish terrier as an extension of yourself for Halloween, but when we start extending our gender biases to pets, too, it starts feeling kind of creepy. Really, French maid dogs?

Other effects of human-to-dog extension are more substantially questionable. Just this past week, CBC news reported that between 40 and 50 per cent of all owned pets in Canada are overweight. The percentage of Canadian people over the age of 18 who are overweight? Between 40 and 50 per cent. Not only does Rover's face resemble ours these days, it seems; so does his spare tire.

And Australian cities have been experiencing a minor epidemic of abandoned pets in the recent past, at least partly the result of foreign students studying in Australia who neglect to take their dogs with them when they return home. These dogs aren't feral, just homeless, but to be homeless, you have to initially be given a home to lose. And who gives pets homes? Us.

So, I hereby make a pledge: I will do everything in my power not to make my dog homeless. And I will do everything I cannot to make him obese. But when it comes to Halloween, I make no promises. Tompkins Square Dog Parade, here I come.

Emma Teitel is a national columnist for the Toronto Star.



Nine things that make Calgary life worth loving

KLASZUS' CALGARY

Jeremy KLASZUS



I don't know about you, but I usually feel a little low as Calgary's autumn gives way to colder, darker, more wintry weather.

With this in mind, I'm forgoing the usual columnizing to highlight a few simple pleasures in our city — things that are easy to take for granted, or that you may not know about. At least one of these should lift you up as the days get shorter.

1. **CJSW.** You can text the hosts during their shows (403-220-3991) and they'll text you back. Maybe I'm too easily impressed, but how cool is that? I'm happily shelling out \$30 for the Friends of CJSW Card during the station's upcoming funding drive.

2. **Fair's Fair.** While bookstores everywhere have been closing down over the past decade, this place keeps chugging along with its five locations throughout the city. You can call ahead to ask if they have specific titles — and they can check their other locations for you, too.

3. **Tenshi Sushi.** Cozy and reasonably priced, this Kensington spot (304 10 St NW) has the best yam tempura rolls anywhere.

4. **Hoopla.** Used with a Calgary Public Library card, this app gives you free access to tons of audiobooks, along with movies and music. Hoopla has carried us through many family car trips. Stock up on kids' audiobooks, and you're set.

5. **Consumer Reports.** This is one of the library's best kept secrets: access is free with a library card. It saves a lot of time. Instead of sifting through endless online reviews that may or may not be credible, you can quickly pull up ratings from a trustworthy source.

6. **MCC Thrift Store.** Newly renovated, this place (2946 32 St NE) is always hopping. It's got lots of vinyl records, a good sports equipment section and some interesting clothing finds (currently: a full rack of Flames gear). I like donating stuff there because it's a not-for-profit.

7. **Courthouse elevators.** Again, maybe I'm just easily impressed, but this is a great place to duck into with young kids. The glass elevators go high and fast. What's not to like?

8. **Neighbours of the World.** This tune, "the official song of the City of Calgary" circa 1987, is really bad. So bad it's good. Synth-heavy eighties schlock. I found a 45 of it in Inglewood earlier this year and it brings me twisted happiness every time I put it on. Plus: the flip side has a saxophone instrumental version. Double the joy. (You can find it online.)

9. **Opposite-quadrant parks.** Most of us tend to gravitate toward what's close and familiar. But going afar for a walk — south-easterners to Nose Hill in the northwest, or north-easterners to Fish Creek in the southwest — can sometimes have a bigger payoff. A new view can give a fresh take on life. Go and see.

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The scariest part of dating



RELATIONSHIPS

Everyone in the modern dating era is afraid of ghosts

Sofi Papamarko
For Torstar News Service

You may not believe in ghosts, but they assuredly walk among us.

The ghosts I'm talking about don't trudge around the attic in heavy chains or send your grandmother's fine bone china flying across the room, however. These ghosts are a little more ordinary. You've probably even encountered one. The dating world is full of ghosts.

Ghosting is the scarily common dating practice where the person you're seeing disappears from your life without warning or explanation. They simply stop responding to your calls, texts and emails.

One day, you're sharing a root beer float and petting cute dogs in the park. The next day, poof! They're gone. Vanished, like a ghost.

A few months ago, social media expert Terra Loire, 26, met someone on dating app Tinder. Everything was great, at first.

"We went out a few times — just casual dates like brunch and drinks. (We talked) about life and bonded over our cats. He would text me all the time and was very thoughtful. He drove



Social media specialist Terra Loire in Toronto has been a dating ghostee, where the other person just disappears or fades away. TORSTAR NEWS SERVICE

the emotional part of the relationship by being very forward with his feelings for me, which I appreciated."

After a few weeks of schedules not aligning, they finally agreed on another date. He cancelled the day of, stating he was "tired." He was genuinely apologetic and promised to set up a date for the following week. She never heard from him again.

"Ghosting is frustrating," Loire says. "Especially when I work very hard to be honest and allow the other person opportunities to express their interest or disinterest in healthy ways. That should eliminate the need to ghost in

the first place."

Ghosting is a cowardly and disrespectful move, to be sure, but in a world where we're accustomed to ending relationships with the literal push of a button (unfriending, unfollowing, blocking), it makes sense. Ghosting is an easy and non-confrontational way to get out of something that's not working for you.

For the ghostee, it can be confusing, enraging and can even instill actual panic — did something happen to this person? Were they in an accident? Are they OK?

A friend recently asked me to check up on another friend of

mine on social media to ensure he wasn't dead. He had told her he would call her soon to plan another date and she never heard from him again. According to recent Facebook photos of him drinking with friends, he was alive and well. He had simply ghosted.

Playwright Graham Isador, 27, has been both ghoster and ghostee.

After meeting an interesting and beautiful woman in another city, they kept in touch. It became clear to Isador after a return visit that they had very different expectations of the relationship.

Back in Toronto, he took longer to respond to her texts and was always "busy" when the phone rang. "I didn't handle that thing well," Isador admits. "I avoided conflict. I let things drift in that 'what happened' scenario that is intensely frustrating. When you don't know what happened, it's hard to get closure."

"I was trying to think of a comparison and the best thing I came up with is: pulling the band-aid off. Pulling it off quickly is going to hurt a bit. But if the alternative is leaving it on until the band-aid grows gross and dirty and eventually falls off on its own? It's pretty clear what to choose. I owe that girl an apology, but I think it is too late to get in touch now."

Isador likely won't make the same mistake twice, considering what followed.

"The next girl I got involved with ended up ghosting on me. So, you know, enjoy the schadenfreude."

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JOHANNA SCHNELLER
WHAT I'M WATCHING

If only Melania Trump channeled Queen Bey

THE SHOW: Saturday Night Live,
Oct. 15 (NBC/Global/YouTube)
THE MOMENT: "Melanianade"

In a dead-on, black-and-white spoof of Beyoncé's Sorry video (from Lemonade), the women of SNL portray Donald Trump's female posse: wife Melania (Cecily Strong), daughters Ivanka (Emily Blunt) and Tiffany (Vanessa Bayer), campaign manager Kellyanne Conway (Kate McKinnon), and Apprentice star Omarosa (Sasheer Zamata).

Decked out in hair extensions, bejeweled leotards, furs, fishnets and French manicures, they ride in a limo, recline in Trump Tower-like rooms, and take a baseball bat to a TV screen bearing Trump's face (Alec Baldwin), while singing lines like, "I'm tired of thinking 'bout you" and "Watch out, we're about to walk out."

"Without us you wouldn't be standing there/You'd just be that guy with the weird hair," Melania sings, then adds, "I wrote that all by myself."

The others roll their eyes.

SNL always ups its game in election season, and this year they have an embarrassment of riches.

But this video is satire at its pinnacle. It combines an astute observation (The women in Trump's life act as a Fembot army to defend and humanize him) with a still-breaking news story (allegations of Trump's serial sexual abuse of women) and a cultural touchstone about another wronged woman (Lemonade) to point to the truth about this campaign: It's about women.

Abused women are speaking up and turning the tide. Women will decide this election. A woman could (will!) lead the U.S., and by extension, the world.

And SNL has the female cast, arguably its best ever, to make comedy that is pointed, necessary and certain to be legendary.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



In satire at its finest, the women of SNL portrayed Donald Trump's female posse in a spoof of Beyoncé's Sorry video (from Lemonade). CONTRIBUTED

'Big Food Inc.' latest target for celeb chefs

HEALTH

Tapping into millennial distrust of the food system

Melita Kuburas
Metro | Canada



Even professional chefs are sometimes baffled by our food production and distribution system.

"Why is a banana cheaper than an apple?" wonders Chuck Hughes, owner of Garde Manger and Le Bremner restaurants in Old Montreal, in an interview about his visit to a family-run canola farm in Saskatchewan this summer.

"An apple comes from my backyard and a banana doesn't. There's all these questions I don't necessarily have the answers for," adds Hughes, who this year has focused on sustainability through side projects like running a kitchen at Osheaga music festival where the theme was "buy less, waste less" and rock stars were served food in compostable containers.

Home cooks pushing a cart through aisles of their local grocery store can likely relate to Hughes' confusion, as despite having more information than ever about our nutrition and the eco-footprint of the food system, it's also more difficult

to cut through the crap.

A study this past spring by the Canadian Centre for Food Integrity found 22 per cent of millennials said they thought the Canadian food system was headed down the "wrong track" when it comes to food safety, nutrition, the environment and animal welfare. This cohort had the highest distrust of the food industry compared to other demographics.

An Ipsos poll from January declared a new breed of decision-makers was emerging, the "young educated millennial moms" who have more spending power and want to buy fewer processed foods. One in four Canadians was motivated to buy a food or beverage with simpler and fewer ingredients, double that of a year ago, according to the poll.

Hughes suggests consumers take brands to task if they aren't following sustainability or nutritional guidelines in their ingredients list by writing to the companies and voting with their wallet. He also recommends taking an occasional trip to a farm, like he did with Hellmann's to a canola field with "yellow flowers as far as the eye can see." Those flowers are edible, as are their seeds (similar to mustard seeds), he learned, while playing a seed matching game with local children.

"We got to really see the whole process," he says.

A back-to-basics theme is also evident in Real Food, Real Good,



Chef Chuck Hughes visited a Saskatchewan canola farm to learn more about where food comes from. CONTRIBUTED

a book by Chopped Canada judge Michael Smith released last month. He says the topic has been a long time coming. "It really dates back 14 years when my son was born and I had a real epiphany about my true understanding of food," he says. "I find myself at a point in my life where I've just lost patience. I've lost tolerance for beating around the bush. We have a flawed food system."

The cookbook outlines ingredients to avoid, calling out marketing buzzwords like "natural" and "free-range," and warns shoppers to be aware of "fabricated flavours" such as that of sugary breakfast cereals, margarine and bacon bits, for example.

Smith says his aim with the book is twofold: Show amateur cooks who now have a bit of momentum that great cooking doesn't have to be complicated, and to call out what he refers to as "Big Food Inc." for promoting unhealthy eating habits.

"Big Food Inc. is this horrendously pervasive idea that we have in this culture that pro-

cessed food is actually an OK option, whether it's now and then or every single day. It's not OK," he says.

To really hear Smith's passion come through, just mention cauliflower.

Last year the vegetable made front-page news (including in this newspaper) when prices rose to \$8 a head thanks to a low dollar and a drought in California that affected supply.

"It shouldn't have been covered," shouts Smith. "It's ridiculous bull—. It wasn't a story. Big freakin' deal, cauliflower is expensive in the middle of winter. Really? What, is it a slow news week?"

What is upsetting to him is the promotion of the idea that healthy food is expensive.

"Food is less expensive now than ever before in the history of mankind. We spend less money on food than any culture in the history of the world, and yet we have food media and mainstream media that allows this pervasive belief that food is expensive. They are doing a disservice to Canadians."



Chef Michael Smith's new cookbook, Real Food, Real Good, is a back-to-basics takedown of what he calls 'Big Food Inc.' TORSTAR

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LEARNING CURVE

Seeking out a study group

Flipping through the 100th page of your history textbook, illuminated by the reading light in your lonely dorm room, your eye is caught by a scene across campus.

A window to the library showcases a study scene with multiple members, rallying together to retain classroom information. You begin to wonder if a study group might help to enhance your academic performance and if so, how will you begin to create your crew?

"When studying alone, it's easy to become familiar with material because you've seen it before and know what to expect," says Jennifer Meister, academic skills program coordinator at McMaster University. "But be-



STOCK

ing familiar with material doesn't necessarily mean you understand it."

"When you're studying with a group," continues Meister, "the material brought to the table will often be unexpected and presented in new ways." She explains that this dynamic ensures that a student will be tested on how much they understand the material rather than whether they are simply able to identify it.

"Studies also show that one of the best ways to learn is to teach someone else. Study groups are a great place to do that."

Roxanne Ross, manager of the University of Calgary's student success centre, encourages students to begin seeking out their student squad within learning portals created in the classroom. "Post an invitation to other students via your course's learning management system," says Ross, who ensures that

online forums are made available in the majority of today's post-secondary classes.

"Activities like collectively anticipating exam questions in a group can also be incredibly helpful," she adds. "This increases the likelihood that students will focus on the right study material."

Ross warns, however, to take care in the choosing of those you will cram with.

"Studying with friends can definitely pose challenges for staying on task," says Ross. "However, there are ways to ensure that work gets done and the interactions stay focused. We encourage students to assign a leader in the group for each session who will take on the responsibility of selecting review questions and keep everyone on task."

Meister adds that the amount of academics in your newfound alliance must be taken into account. "Of course you'll want to work with people who go to class, finish their work, and want to do well," says Meister. "And remember that a good study group is usually between three to five members; more than that is just a party."



CONTRIBUTED

A science degree can open lots of doors

The bachelor of science in biology degree at Ambrose University has expanded rapidly in the last few years to include a wider range of specialties that accommodate students looking to further their studies.

"With the job market down, and with more focus on the environment (including the carbon tax) — it is a great time to think about a biology degree," says Dr. Carol Gibbons Kroeker, biology program chair, and associate professor of biology and physiology at Ambrose University.

The program has five streams so the students can choose an area of interest in their course work — general biology, ecology, health sciences, kinesiology, as well as cellular/molecular biology.

Students will develop their practical skills, as well as hands-on experience in the many lab

courses Ambrose offers.

Kroeker says this program can open the doors to many professional programs.

"We've got graduates in many professional programs," says Kroeker.

"Some of our grads are working as biologists and ecologists in the field, while others have gone to education, nursing, or graduate school."

Still others have ventured into complementary fields such as bio-psychology or biotechnology. "A bachelor of science degree can open many doors in science, biotechnology, or health," says Kroeker.

The program is a four-year bachelor of science degree and individuals can start in either September or January, taking the program at their own pace.

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That moment when you receive your acceptance to a post-secondary institution is a milestone moment for every student, especially for those who transitioning out of high school. It is like a right of passage.

When the moment finally arrives to take that leap into the next phase of life, it can be both exhilarating and terrifying at the same time.

For Armi-Lee Amerila, transitioning from high school over to the University of Lethbridge, was overwhelming, but also the most memorable year of her life.

"It was very nerve-racking coming to the U of L for the first time just because it was a big change especially coming from a small high school to a big huge university, but it was an experience I was willing to take on," says Amerila.

Although Amerila is now in her second year at the U of L, taking a combined degree in science and education, she says her transition from high school to university went smoothly thanks to her friends and her professors.

"Having a network of friends around me gave me the comfort zone I needed," she says.

"And the instructors here at the U of L have done quite a lot for me and my fellow classmates by knowing that there are professionals out there willing to help you, especially when you are struggling, gives you a sense of comfort."

She says one professor in particular — Dr. Tracey Roemmele — never ceased to make her laugh and smile.

"She's the very definition of chill," says Amerila.

"She really helped ease my stress during my first semester."

Although course school work occupies much of her time, Amerila keeps a busy social schedule, hanging out with friends, hiking in the coulees and enjoying photography.

Then there's her music.

"My friend Christian and I share a passion for music. We make music videos of covers and originals and post them on YouTube to share with others," she says.

"This is one of the things I love doing most."

And for Amerila, the U of L lets her shine both in her music and in the classroom.

"To shine to me means being able to do what you love," says Amerila.

"Taking every opportunity you can to do something you are passionate about."

Her long-term plan is to become a science teacher.

"I see myself educating the young minds of the world and helping them find their inspiration," says Amerila.

Until then, she's a student mentor at uLethbridge, helping other new students adjust to university life.

To learn more

For more information about the University of Lethbridge, visit uleth.ca.



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It's prime time to get serious about film

Michael Baser knows the entertainment industry inside out. The Hollywood vet has written, created, produced and show run classics such as *Good Times* and *Full House*. Today, he is the head of Vancouver Film School's (VFS) writing for film and television program, and says there has never been a better time to get into entertainment.

"There is a revolution happening in terms of delivery and how people are viewing content," he says. "When I started in 1973, there were three outlets for me to sell my materials to. Now, there are literally hundreds and they are all hungry. With this explosion of production, there are opportunities in every aspect of the industry."

VFS, offering 13 programs that range from digital design and film production to acting essentials and makeup design for TV and film, prepares students for their chosen career in a year. Instructors are all working professionals and, says Baser, constant curriculum updates ensure relevance.

"Our school gives people the ability to deliver," he says. "It is not for hobbyists but rather for people who want to be in the industry. If you want to succeed, you have to put yourself in the way of success and be around like-minded people. One of the ways to do that is by coming to VFS."

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St. Mary's builds on its Indigenous initiatives

Over the last two years, St. Mary's University has been working hard to implement the four pillars of its Indigenous strategic plan, and now it is getting ready to launch into the second phase.

This phase — which has just been approved by St. Mary's First Nations, Metis and Inuit (FNMI) advisory council — is proposed to take shape over the next four years. "We have come a long way, and more importantly, we have much, much further to go," says Michelle Scott, director of Indigenous initiatives, St. Mary's University.

During the first phase, four pillars were implemented: the FNMI advisory council, elders on campus, scholars on campus, and the appointment of the director of Indigenous initiatives, Michelle Scott.

In this next phase, St. Mary's has identified three key initiatives, outlined below.

Home fires

There will be a focus on supporting In-

digenous learner success through funding for an Indigenous learning strategist, Indigenous mental health support, as well as the continuation and increased connections for elder and cultural support.

"There is also more capacity building to do at St. Mary's University. We are beginning a student, staff and faculty collaboration on a truth and reconciliation working group, and exploring Indigenous learning spaces on campus," says Scott.

Community connections

St. Mary's will continue to work in partnership by collaborating with post-secondary schools, school boards and First Nations communities.

"We are currently working with Vibrant Communities Calgary to co-host an elders teachings series at St. Mary's campus," says Scott.

"We are also going to be offering our Igniting the Fire: Storying the Urban Warrior on campus again in the winter term."



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Academic initiatives

Under the direction of the vice president academic and dean, Dr. Tara Hyland-Russell, St. Mary's has started an Indigenous studies task force, which includes members of the education faculty, history and research chair, and the director of Indigenous initiatives.

"The first meeting was very positive, as everyone is eager to make changes to the St. Mary's course offerings to reflect the recom-

mendations from the truth and reconciliation commission," says Scott.

To learn more

For more information about the Indigenous initiatives at St. Mary's University, visit stmu.ca.

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While mistakes and failures will happen, so will success — with the right training.

Through the entrepreneurship program offered through the Faculty of Continuing Education and Extension at Mount Royal University, individuals will learn the proper dos and don'ts when it comes to running their own business.

"This program gives first-time and experienced entrepreneurs a chance to learn not just the what to do, but the how to," says Norman Leach, instructor in the entrepreneurship program, MRU.

"We give the participants real-life experience and hands-on opportunities."

The entrepreneurship program is unique in Canada and individuals of this program



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learn all the essential skills from marketing to finance.

"They get in six days what most entrepreneurs take a lifetime to figure out," says Leach.

With the economy the way it has been in Calgary and with more and more people out of work, people tend to consider taking the leap and starting their own businesses.

"While the economy may not be a disaster,

it is the time to take advantage of lower costs, large competitors leaving the marketplace and consumers looking for great service and true value," says Leach.

"By inspiring them to know that there is more control running your own business than working for someone in these times, entrepreneurs may struggle, but the victories are theirs."

This certificate of completion is made up of six required courses.

To learn more

Visit conted.mtroyal.ca/smallbusiness for more information.



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Take your children's mental health skills to the next level

The children's mental health extension certificate offered through Mount Royal University is an excellent option for students hoping to gain a better understanding of this very serious issue impacting children and families.

"It explores children's mental health not only in relation to the individual, but also on a systems and community level," says Ben Gallivan, registered psychologist and instructor in both the addiction studies and children's mental health extension certificates at Mount Royal University.

"I think this is really important in order

to understand the larger context, and one of the reasons I believe this is a very good program."

Designed for individuals already engaged in some capacity with children and/or families, students in this program typically walk away with a well rounded appreciation of the complexity of children's mental health.

Students can expect to engage in course work related to healthy development, resiliency, an exploration of certain diagnoses and ways of providing support to those in need.

Students also spend time focusing on children's mental health issues further upstream

at a systems level.

Children's mental health extension certificate courses can also be transferred and count towards the completion of a degree or diploma in a related area of study at MRU.

"This makes the certificate a great option for those looking to test the waters before committing to a longer program," says Gallivan.

This certificate is made up of nine required courses and can be completed in as little as one year.

Visit conted.mtroyal.ca/mentalhealth for more information about this certificate.

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Develop the right skills to work in a medical laboratory

The medical lab assistant program was introduced at ABES (Alberta Business and Educational Services) following a request from Calgary Laboratory Services (CLS) in 2004 to keep up with the demand for trained and certified professionals in this field.

Since then, the partnership between ABES and CLS has remained strong.

The partnership with CLS for the medical lab assistant (MLA) program means that students have the opportunity to form a professional relationship with CLS — the largest employer for MLAs in Calgary and the surrounding areas.

This is advantageous for students because it allows the program to grow with the times, developing the most current techniques and skill sets necessary for success in the field.

Graduates of this program are often streamlined into the workforce because of the connection with CLS — with about 95 per cent of medical lab assistant graduates from ABES finding employment upon or before graduation.

Although the majority of ABES grads work for CLS, opportunities are not limited to this company — with many other employers hiring ABES grads.

This full-time program helps individuals become fully qualified and prepares graduates for work in hospitals, patient service centres, or clinical laboratories.

As an important member of any medical laboratory team, medical lab assistants help to collect and prepare specimens for laboratory analysis, and enter and retrieve data for samples.

Through this course students will learn medical terminology, the role of a MLA, how to draw blood safely, and much more.

ABES' on-site lab uses CLS equipment and trains students in the CLS' Standard Operating Procedures (SOP) helping to better prepare them for practicum and employment.

The MLA program is a full-time program that spans over 19 weeks.

The program consists of 14 weeks in class and lab, and five weeks of hands-on work in the field through the work experience portion of the program.

To connect students to the workforce, ABES brings in CLS employees to provide training in technical areas, while students complete the classroom portion of training.

Those who successfully complete the MLA program, will receive the following certifications:

- Medical laboratory assistant (MLA) certificate;
- CPR certificate for health-care professionals;
- First aid certificate for health-care professionals; and
- Defibrillator certificate for health-care professionals.

To learn more

For more information about the MLA program or about any of the other programs offered by ABES, visit abes.ca.



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Check out the campus at Mount Royal's open house

When it comes to choosing which college or university you are going to attend, nothing beats seeing your future first hand with a campus visit.

It is hard to imagine a school as your new home for the next two-to-four years through calendars and online research alone, so by attending the Mount Royal University Open House this fall, you can get a feel for what it would be like to be a part of the MRU culture.

"What we have learnt over the years is when it comes to finding that fit, you are not going to find it unless you actually walk on the campus," says Shea Ellingham, manager of academic advising service, Mount Royal University.

"Until you can actually try it out for yourself, you never know if it will be a good fit."

It has been noted by MRU recruiters that prospective students who visit the MRU campus are more likely to choose MRU for

their post-secondary education.

"The Open House is a great showcase for the campus; we do invite the public in to come and take a look at the campus and try us on for size," says Ellingham.

"What we do have is a great campus and we are proud of it."

During the Open House, individuals and their families will have the opportunity to take campus tours, meet with instructors, talk to current students and check out the programs that MRU has to offer.

MRU also offers small classes for those who worry about getting overwhelmed by massive lecture halls and becoming just a number.

"We have a great campus community, we have a very friendly staff, our instructors are very approachable and they will be on hand at the Open House," says Ellingham.

The Open House is open to the public (no registration required) and takes place on



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Saturday, October 29, from 9:30 a.m. until 3:30 p.m. at The Roderick Mah Centre for Continuous Learning.

Admissions advisors will be on hand as well and will be accepting applications on site.

To learn more

For more information about the MRU Open House, visit mru.ca/OpenHouse.

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October 22
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Grads can focus their careers with paid work placements



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Connections to the Workplace is a career-focused project that is available to post-secondary graduates and employers in Calgary and surrounding areas.

The initiative assists young post-secondary educated professionals gain work experience in their related field by matching them with employers across all industries.

This program offers full-time placements at 37.5 hours per week, paid at \$18.40 per hour.

Not only does this project benefit students looking to gain valuable work experience, but industry partners and employers also benefit by tapping into a fresh crop of potential employees.

"Connections to the Workplace is a wonderful opportunity for both the employer and young professionals to assess career opportunities and fit for longevity," says Sheila Cousi-

neau, provincial director of operations, Imagine Health Centres, one of the many employers that take students on placement.

"For Imagine Health Centres, this allows us the opportunity to further train the young professional into a fulfilling and rewarding role in their career of choice."

Connections to the Workplace is offered by Bow Valley College and is funded by the Government of Canada.

Eligible candidates must have completed post-secondary education, be between 15 and 30 years of age, eligible to work in Canada, and must not be receiving employment insurance (EI) benefits.

Employers and young candidates who are interested in partnering with the program can register at mycareerconnection.ca/youth.

Help all children learn as an education assistant

The education assistant program at Columbia College is designed for people who are passionate about helping children get educated, regardless of their age, abilities or social background.

"Education assistants are normally people with good listening skills, collaborative in nature, adaptable, warm, and empathetic, and believe in inclusion of all children," says Tobias Mwandala, director human services programs, Columbia College.

"For those who want to work with children and help them to achieve quality life in the learning environments, this is the best time to become an education assistant, especially that the demand for education assistants continues to grow."

Students in this program will learn skills, knowledge, behaviours and attitudes needed to succeed as an education assistant.

They will learn about inclusive education and how to be most supportive of children with varying needs and exceptionalities.

Columbia College also provides a nonviolent crisis intervention (NCI) course and certificate to students, as part of their practicum training.

The Crisis Prevention Institute (CPI training) course prepares students to respond to crisis in a healthy and non-violent manner.



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This program offers both evening classes (5:30-9:30 p.m.) and weekend classes (Saturdays, 8:30 a.m. to 5 p.m.) and can be completed in six months. "Most of our graduates are employed as soon as after they complete the program as education assistants in schools," says Mwandala.

For more information about this program, visit columbia.ab.ca.

Mount Royal University

Open House

Saturday, October 29

9:30 a.m. – 3:30 p.m.

mru.ca/openhouse



YOU
BELONG
HERE

Thwart your weather woes during the school year

For some, the swift switch of the seasons can conjure images of snuggly blankets, hot chocolate and nights around the hearth.

For post-secondary students moving toward one of the toughest sections of the term, the shifting of the sun and the thermostat can leave many frozen with frustration and fatigue.

"Often students start to get overwhelmed and swamped with work just at the same time that the daylight hours are decreasing rapidly," says Dr. Allyson Harrison, associate professor in the department of psychology at Queen's University. "This is when they start to stop doing all the things that would help protect them from having severe symptoms — they stop eating well, they stop going to the gym, they stop going



ISTOCK

out with friends."

Harrison adds that this while this swing in emotion and cognitive ability — often referred to as Seasonal Affective Disorder or SAD — can be tough for many students, there are ways one can ward off the weather's woes before the symptoms begin to storm.

"The first thing I would recommend is establishing and sticking with a consistent sleep-wake cycle," says Harrison, adding that seven to eight hours of sleep is best. "The tendency is to hibernate and sleep in late, but this actually decreases your chance to be outside and also interferes with mood regulation and energy level."

Light therapy, says Harrison, has also been found to be helpful if the right product is sought out.

"There are some alarm clocks that simulate sunrise and light up the room slowly, and those can help," she says. "Also, getting this type of light in your room can help when you are studying after dark — you can trick your brain into thinking it is not winter."

Andrew Garnet, student success and engagement counsellor at Humber College, recommends combatting the seasonal slump in advance by signing up for sports that will force said student out of an indoor fog.

"Some students do their best to pick up winter related activities to help keep them active throughout the winter months," says Garnet. "For some it may be snowboarding or skiing, for others it could be hockey, snowshoeing, skating or tobogganing."

Garnet points out that while symptoms of SAD are a minor annoyance for many, a student should seek out the opinion of a counselor or doctor if their daily functioning has seen a significant shift.

"Recognizing changes in mood, behaviour, energy level and appetite is key, so as to get the appropriate resources and support," says Garnet. "Keeping an eye on these things will help limit any potential disruption in academics and well-being."



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Share your love of learning as an educational assistant

Academy of Learning Career College knows what students want, but more importantly, listens to what they need.

"We are proud to continue to add diplomas and certificates in the human services field such as health care aide, medical office assistant/health unit coordinator, and community support and addictions worker, to go along with our business and office and IT programs, because Academy of Learning Career College is a place people can come to find training in almost any area they want to pursue," says Brady Sylvester, Academy of Learning spokesperson.

And now individuals looking to get into the educational field can do so through training in the new educational assistant diploma program offered at Academy of Learning.

This new diploma program will introduce students to the various disciplines, theories and best practices related to child psychology including development, children learning processes, teaching techniques, classroom management and student supervision.

This new, 44-week program also covers the different roles the educational assistant plays in both special education

and early childhood.

Like many of the Academy of Learning programs, this new program is offered through the Integrated Learning™ System, meaning anyone can start at any time and make their school schedule work around their life.

"Individuals should not be bound by rigid class times, so we make sure our classes are offered in a flexible manner to meet the needs of our students," says Sylvester.

For more information about the new educational assistant program at Academy of Learning, visit academyoflearning.ab.ca.

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Online classes are perfect for your busy life

The past few years has seen a major shift away from the traditional classroom with more and more schools putting more focus on their online training.

While there will always be tremendous value placed on in-class instruction, schools like Robertson College and its online programs make learning fit the busy schedules of a larger and diverse student body.

Part of the goal of Robertson Online is to ensure more individuals have access to education, for whatever reason they may have, such as those who need a more flexible schedule due to work, family, or life commitments, costs, or even location.

"Online programs allow you to go to school while still working or taking care of the kids or doing the things that are important to you while you get your diploma," says Keith McConnell, director, online campus, Robertson College.

Robertson Online continues to grow as the market grows for online learning.

"More teachers, more support staff and more admissions officers and career counsellors have been added to the team in order to meet the growing demand," says McConnell.

In fact, Robertson Online saw its most successful online intake yet in September.

"The legitimacy of an online diploma is more accepted, which gives people the confidence that they are getting a quality education that will allow them to get the career they want," says McConnell.

McConnell says what differentiates online programs at Robertson College is the dedication to helping students graduate and find a career.

"Our national career services team covers the country working with the top employers in every province to give our grads the best opportunity to succeed," says McConnell.

All students are able to receive one-on-one personal support by staff at Robertson College who assist them in exploring all the financial options available, which is more readily available for online students.

Robertson Online offers individuals flexibility of schedule, a variety of programs in business, health, and information technology, as well as monthly starts 10 out of 12 months of the year.

The next start dates for Robertson Online are Oct. 24 and Nov. 21.

New programs will also be added in the New Year.

"We are regularly working with industry leaders on new and exciting programs in a number of areas," says McConnell.

"When a program makes sense to be delivered in an online format, we make sure we can deliver a high-quality experience that is the same as an in-person traditional campus program."

Learn more

For more information about Robertson Online, visit robertsoncollege.com/online-studies.



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ONLINE PROGRAMS ALLOW YOU TO GO TO SCHOOL WHILE STILL WORKING OR TAKING CARE OF THE KIDS OR DOING THE THINGS THAT ARE IMPORTANT TO YOU WHILE YOU GET YOUR DIPLOMA

– Keith McConnell, director, online campus, Robertson College

ULETHBRIDGE INFORMATION EVENING

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Ask questions (it's why we're there!)

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Vital role of running backs underlined by Bills' McCoy

NFL

Gore, Stewart, Elliot and Ware also impressed for their teams

Even the guys who tote the ball recognize that the NFL is a passer's league. No argument here.

As this week shows, however, running backs still have a prime role in the outcome of games. When the weather turns cool, then cold, then frigid, and the winds begin to whip on the tundras, they will become even more critical.

So it was enlightening to see runners young and old making a difference — or keeping their teams in games. From veterans Frank Gore, Jonathan Stewart and especially LeSean McCoy, to kids such as rookie sensation Ezekiel Elliott, Spencer Ware, Matt Jones and Jay Ajayi, it was impressive, win or lose.

McCoy and Gore have all-star credentials and are showing they remain dangerous and dependable. McCoy ran 19 times for 140 yards and scored three touchdowns as the Bills, who want to pound opponents on the ground, thumped the 49ers 45-16 with their best rushing performance in 24 years.

Gore, at 33, became the first Colt in three and a half years to rush for more than 100 yards, getting 106 in a 26-23 loss at



LeSean McCoy helped the Bills to blowout win over the 49ers on Sunday with a massive game on the ground. BRETT CARLSEN/GETTY IMAGES

Houston. "He's just very dynamic," Bills quarterback Tyrod Taylor, a pretty good runner himself, said of McCoy.

"I've said this before. Whether it's in the running game or the

passing game, he's a playmaker. He wants the ball, and when he gets the ball he knows what to do with it, and he can create plays. Some of those plays he made out there from the back-

field position, there are only one or two guys who can do that in the NFL."

You can be sure Bills coach Rex Ryan will keep feeding McCoy the ball, too.

"I think, talking to LeSean, he was really disappointed how he played last year," Ryan said. "And all of us, as we know, and I've told him several times, like all of us here in Buffalo, we think, 'Hey man, you've played great.'"

"And he's like, 'No, I can play

better.' And I guess he was right."

Ware, Jones and Ajayi weren't big factors last year. Ware had 72 carries for Kansas City, though he scored six times; Jones rushed 144 times for 490 yards as a backup to Alfred Morris in Washington. Ajayi barely saw the field in Miami with 49 carries.

On Sunday, they were prime-timers as Ware went for 131 yards and a touchdown on 34 runs, Jones had 135 on 16 and scored once, while Ajayi had a breakout game in a stunning upset of Pittsburgh with 204 yards on 25 carries and two scores — including a clinching 62-yard scamper.

The Dolphins had to do something with their offence stagnant and their season spiraling away. Ajayi was the answer, and he certainly will get more opportunities because the Dolphins' air game is so inconsistent. Ware's numbers are even more impressive because he's one of three RBs the Chiefs can use moving forward.

Jones also was part of a committee of runners. Washington already has a solid corps of receivers, particularly when tight end Jordan Reed is healthy — he missed the win over Philadelphia with a concussion.

In Jones, Robert Kelley and Chris Thompson, they could find plenty of offensive balance. That trio combined for 231 yards and a touchdown against the Eagles.

THE ASSOCIATED PRESS

SPEED SKATING

Morrison returns to ice after stroke

The words "you don't have to come back and see me ever again" from his neurologist was Denny Morrison's green light to get back to what he loves.

Less than six months after suffering a stroke, the owner of four Olympic speedskating medals is back racing.

Morrison didn't start pushing his heart rate to the maximum until last month, but he put down the fastest 3,000 metres of his life on Sept. 30.

The 31-year-old from Fort St. John, B.C., will race the 1,000 and 1,500 metres — in which he won Olympic silver and bronze respectively in 2014 — at this week's national team trials in Calgary. The trials determine Canada's team for the first four World Cups this season.

Morrison was buoyed by Monday's training session. He saw progress in his starts and accelerations, which were elements he wasn't even allowed to train until recently. "I can tell you I feel more race ready after doing some of these aggressive starts," he said. "It feels like I skated a personal best today, which is why I'm in a good mood right now."

Morrison's emotions are more in flux post-stroke. In conversations, he'll search for the odd word that has escaped him.

Humour is his coping mechanism. Morrison jokes he could be in a bad mood by the end of the interview, but he's spent enough time with other stroke victims since his own to know it is no laughing matter.

THE CANADIAN PRESS

MMA

UFC hesitate as GSP says he is free agent

Former UFC welterweight champion Georges St-Pierre says he is no longer under contract with the UFC and is a free agent. The Montreal fighter, 35, who has been on hiatus since 2013, is keen to return to action.

St-Pierre said Monday that his team had been in negotiations with the UFC since February, with talks eventually focusing on the UFC show in Toronto on Dec. 10.

The fighter said both sides were close to an agreement before the UFC was sold. He wait-



Georges St-Pierre
GETTY IMAGES

ed weeks before hearing the offer was off the table. St-Pierre gave the UFC a deadline to give him a fight.

On the day of the deadline, he got a tentative offer to fight former champion Robbie Lawler, who is currently nursing an injury. St-Pierre told the MMA Hour that his lawyer told him the next day he was a free agent. THE CANADIAN PRESS

IN BRIEF

Price to miss Canadiens opener at Bell Centre

The Montreal Canadiens will have to wait at least one more game before goalie Carey Price makes his season debut.

Coach Michel Therrien said Monday that Price will miss the Canadiens' home opener, as he still needs to regain weight and energy after missing the opening two games with a virus.

Al Montoya will make a third straight start Tuesday night against the Pittsburgh Penguins. THE CANADIAN PRESS



ALCS JAYS UP AGAINST WALL IN GAME 3 Right-fielder Jose Bautista misplays an RBI double in the first inning of Game 3 of the ALCS on Monday night in Toronto. The Jays fell 4-2 and face a do-or-die Game 4 on Tuesday. TOM SZCZERBOWSKI/GETTY IMAGES



Denny Morrison. GETTY IMAGES

RECIPE Roasted Cauliflower Tacos



PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada

Crunch, spice and snap make these cauliflower tacos a delicious and easy answer to a weeknight dinner.

Ready in 30 minutes

Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients

- 1 head cauliflower
- 2 Tbsp olive oil
- 1 1/2 cup panko or breadcrumbs
- 1 tsp chili powder
- 1/2 tsp cumin
- salt and pepper
- 1 avocado
- 1/4 cup sour cream
- 1 lime, juiced
- salt and pepper
- 6 to 8 tortillas
- extras like crumbled queso or feta cheese, cabbage slaw

Directions

1. Chop cauliflower into small florets. In a large bowl, toss with olive oil.
2. On a large, flat plate mix panko, spices and a bit of salt and pepper together. Toss florets in the panko mix until coated. Spread evenly on a baking sheet and pop in the oven for 25 to 30 minutes, until the cauliflower is golden and tender.
3. Meanwhile, combine avocado with sour cream and lime juice. Mash with fork and combine until you have a smooth consistency. Taste and add salt and pepper.
4. Prep all of your extras and warm up the tortillas. Spread a good dollop of avocado on each tortilla. Place a handful of the baked cauliflower on top, then load on your toppings.

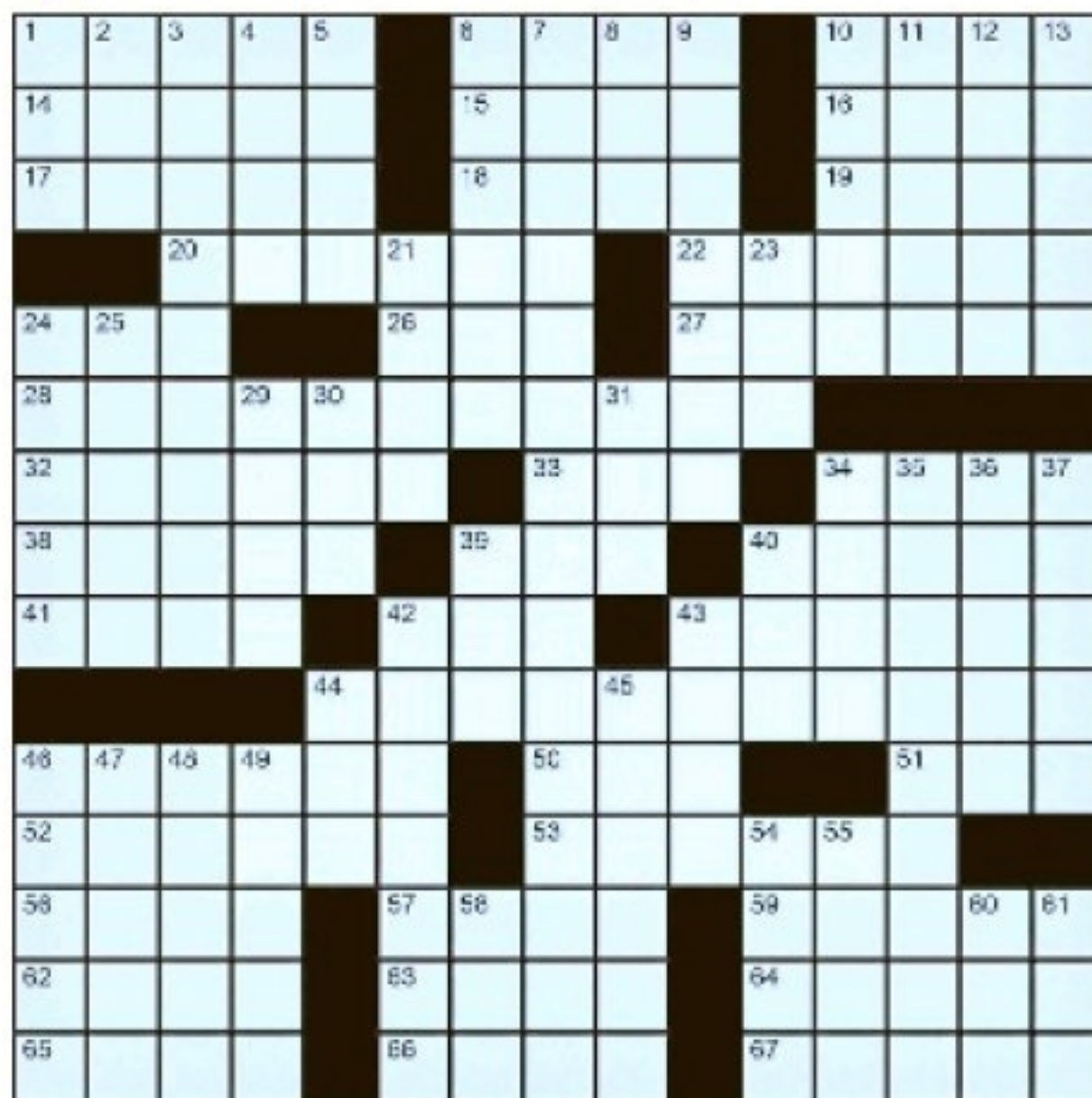
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Montreal borough
6. Takes to the stage in a way
10. Taxis
14. The other 'Stooge'
15. _ of paint
16. Friendly nation
17. As, in code
18. Tip-top
19. Tartan-wearing bunch
20. French composer Cesar
22. Floating, as lily pads on the water's surface
24. Highest playing card
26. I + II's sum
27. Settle the deal
28. Montreal-based hair care company
32. Guarantee
33. 4 qts.
34. Commissioner Gordon's li'l force
38. Author's idea
39. Diving bird
40. Cow, when making its familiar cow noise
41. Without
42. Fragment
43. Incumbency
44. Stand-up/improv/sketch venue in downtown Montreal
46. 1984 Kim Mitchell album: ' _ Alago'
50. Frostiness
51. Mr. Cobb, and others
52. Reveal the im-



- poster's identity
53. Unwavering
56. Spaces
57. Give off
59. Like Romaine lettuce
62. Pre-day nights
63. Court plea, _
64. Country icon

- Mr. Haggard
65. Depend on
66. Univ. treatise
67. Supplement: 2 wds.

DOWN

1. Snug _ _ bug
2. Vancouver Canucks org.
3. Big avenue in Winnipeg
4. Mr. Epps
5. _ -daisy!
6. Giraffes like munching on

- this tree
7. Spatulas and tongs: 2 wds.
8. Beige
9. Painter's pattern producer
10. Some succulents
11. 'A' of E.A.P.
12. Cartoons voicer Mel

13. New Wave instr.
21. Gracious
23. " _ in the Family"
24. Accumulate
25. _ del Sol (Region of Spain)
29. Bear: French
30. Weep
31. Home's railing wood
34. " _ _ further." (Don't take another step)
35. Palace's posh 'patio' place
36. Upbeat/cheerful
37. Put on an outfit
39. Direct
40. Kitten cry
42. Library shelf support
43. Kind
44. Radio types, e.g.
45. " _ and " _"
46. Drilled-hole maker
47. Between 10-and-a-Queen fellow
48. Press onward
49. Big amount-ish
54. Soprano Ms. Gluck
55. Good gesture
58. Me: French
60. "Alice" waitress
61. Pine

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You are ambitious today! Whatever you want, you will do anything within your power to get. (Everyone else better step aside!)

Taurus April 21 - May 21
Avoid controversial subjects like politics, religion and racial issues today, because they will quickly degenerate into a nasty argument. People are intense and ruthless today!

Gemini May 22 - June 21
Disputes about shared property and inheritances might be problematic today. Neither party will budge. Caution: You might increase opposition to yourself.

Cancer June 22 - July 23
Be patient with partners and close friends today in order to avoid a conflict. This is the kind of day where people are just downright pushy.

Leo July 24 - Aug. 23
You are prepared to work hard today to get what you want. Nothing will stand in your way, because you will plow ahead regardless of what you encounter. Do not alienate co-workers.

Virgo Aug. 24 - Sept. 23
Romance is passionate today. However, it also can be a bit thoughtless and insensitive. Don't accept treatment that makes you feel bad. You don't deserve this.

Libra Sept. 24 - Oct. 23
To avoid family conflicts today, use your energy to fix up where you live. Make improvements. You especially can make a positive difference in laundry areas and bathrooms.

Scorpio Oct. 24 - Nov. 22
This is a powerful day for those who sell, market, teach, act or write because not only are you persuasive, you are impossible to resist. You will say what you mean and mean what you say!

Sagittarius Nov. 23 - Dec. 21
Disputes about money and possessions are likely today. Try to avoid these if you can, because they will be nasty. Go gently.

Capricorn Dec. 22 - Jan. 20
Take a realistic look in the mirror and ask yourself what you can do to improve your appearance. After all, you never get a second chance to make a first impression.

Aquarius Jan. 21 - Feb. 19
You might be in conflict with a friend today or a member of a group because you don't agree with how things are going. If you are outnumbered, take a step backward.

Pisces Feb. 20 - March 20
You can use today's energy by working quietly with great purpose behind the scenes, or by working alone. Do not get caught up in the drama of others.

CONCEPTIS SUDOKU by Dave Green

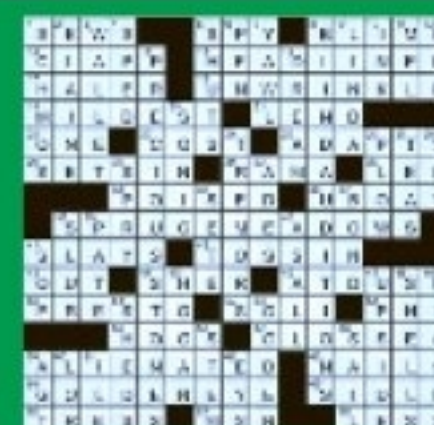
Every row, column and box contains 1-9



YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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metronews.ca/games



Tell us how you really feel.

Join our online reader panel and help make your Metro even better. metronews.ca/panel

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